



HEARTLAND AESTHETICA  
CURATED BEAUTY

10111 E. 21<sup>st</sup> St. Suite 305  
Wichita, KS 67206  
316-777-6393

**Post-BBL (BroadBand Light)**

- Skin may appear red or blotchy in the treated area for 1-2 days
- Makeup and sunscreen may be applied after treatment
- **Apply full spectrum sunscreen twice daily for two weeks.** Discuss with your provider.
- Cool water compress and aloe gel may be used on treated area
- Tylenol may be used for discomfort
- Cleanse treated area gently with a mild cleanser, do not scrub area or use a washcloth, discuss cleansers with your provider.
- Brown patches or dark spots may appear darker and more pronounced after treatment. In 2-3 days, they can become scaly. In 1-2 weeks, those will fall off and you will have new healthy, soft skin.
- **DO NOT PICK** the brown spots, they slough off naturally
- **AVOID** prolonged sun exposure for **4 weeks** following treatment. A total sunblock containing zinc oxide or titanium oxide should be applied daily. Discuss with your provider.
- **A commitment to stay out of the sun is necessary. This can cause permanent damage.**
- If treating Rosacea, avoid alcohol, spicy foods, caffeine, and exercise for 48 hours after treatment
- **DO NOT** shave, wax or sugar over treated areas until redness subsides
- Quick warm or cool showers are recommended
- **AVOID** hot baths or hot tubs for 3-5 days after treatment
- **Discontinue topical products** such as Retin-A, Glycolic acid, Alph hydroxy acid, Renova or Differin product for one week after treatment.

**When to call the office**

***If excessive swelling or blistering occurs!***